



# Star-Spangled Parfaits



## Nutrition facts per serving



125 calories	20.5 g carb	3.3 g total fat	4.7 g protein	59 mg sodium	3.8 gm Fiber
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### Ingredients:

2 c fresh strawberries cut into 1/2-inch pieces

2 c fresh blueberries

4 tsp reduced-fat raspberry walnut vinaigrette

3/4 c fat-free vanilla or strawberry Greek yogurt

2 tsp minced fresh mint

Unsweetened shredded coconut, optional

Servings Made: 4

Serving Size: 1.25 cup

### Instructions:

1. Place strawberries and blueberries in separate bowls. Drizzle each with 2 teaspoons vinaigrette; toss to coat. In a small bowl, mix yogurt and mint.
2. Spoon strawberries into 4 parfait glasses. Layer each with yogurt mixture and blueberries. If desired, top with coconut.